

# Tzatziki made with Coconut Milk Yogurt

## Ingredients

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- 1 cup coconut milk yogurt
- 1 cucumber, peeled unless organic, 1/4" dice
- ½ cup spearmint leaves, pressed into measuring cup then finely chopped
- 1 cup parsley leaves, pressed into measuring cup then finely chopped
- 1 clove garlic, minced or finely grated
- ¼ teaspoon cumin powder
- 2 Tablespoons preserved lemon peel and pulp, minced
- ½ jalapeno pepper, seeded and finely minced
- dash of** salt
- dash of** black pepper

## Method

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1. A fun way to finely cut mint or other medium to large herb leaves is by stacking 5-6 leaves, then rolling together as if rolling a cigar. Hold the cigar with non-dominant hand and cut the cigar into thin slices with a sharp knife. This makes fine ribbons called “chiffonade”, a lovely presentation. If you like it minced, I still find that starting with the chiffonade makes mincing that much faster. Just my preferred method... for a tutorial on this topic - <https://www.thespruceeats.com/how-to-cut-mint-into-a-chiffonade-2215813>
2. Combine yogurt, cucumber, herbs, cumin, garlic, preserved lemon peel and pulp, jalapeno, salt and pepper. Taste and adjust seasoning.
3. Refrigerate for about an hour to allow flavors to mingle. Its best eaten the day its made although it will keep in the refrigerator for about 3 days.

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## Notes

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The yogurt base may be from cow milk, goat milk, coconut milk or, for a thicker spread, start with Labneh. See my Coconut Milk Yogurt and Labneh (salted, strained, non-dairy cheese) recipe.

Some folks like the cucumber, herbs, garlic, cumin, jalapeño and preserved lemon blended in a food processor before being added to the yogurt.

About 1.5 Tablespoons lemon juice may be substituted for the preserved lemon peel and pulp.

Source: Mary Scott inspired by <https://www.bonappetit.com/recipe/herbed-labneh-with-preserved-lemon> from (Yield: 2+ cups)